

# Breast pain: Causes, symptoms & Treatment - Dr. Shilpy Dolas

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[drshilpydolasbreastdoctor.blogspot.com/2022/02/breast-pain-causes-symptoms-treatment.html](https://drshilpydolasbreastdoctor.blogspot.com/2022/02/breast-pain-causes-symptoms-treatment.html)

Breast pain is tightness or burning pain in the breast tissue. Sometimes the pain may be constant or may occur once in a while, and it can commonly occur in both men and women.



Breast pain indicates a noncancerous breast-related condition and it rarely indicates breast cancer. Breast pain can range from severe to mild and it can occur only for a few days a month, in three or four days, and up to the menstrual period.

## Common Signs and Symptoms of Breast pain

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The Breast pain can be cyclic or noncyclic. Cyclic means that the pain which appears regularly and Noncyclic means the pain which is constant or we can say not appears regularly.

Let's see some other symptoms of Cyclic breast pain & Noncyclic breast pain.

### Cyclic breast pain-

- Tender breasts
- Breast swelling
- Pain occurs cyclically same as the menstrual cycle.
- Breast becomes lumpy
- Pain can spread to the underarm.
- Both breasts are commonly affected, mainly the upper, outer portions.

### Noncyclic breast pain-

- The pain appears after or post-menopausal women.
- The pain may be sporadic or continuous

- The pain did not come in the menstrual cycle time-loop.
- Extramammary pain
- It can appear only in one breast

## Causes of breast pain

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Changes in hormone levels can cause milk glands or milk ducts. These changes can be sometimes painful and can also cause cyclic breast pain. on the other hand, trauma or prior breast surgery may become the cause for Noncyclic breast pain.

Here are some other causes of breast pain-

- Acid Reflux
- Breast cancer
- Breast cysts
- Breastfeeding infection
- Chest wall pain
- Benign breast tumors
- Pregnancy
- Shoulder pain

## Treatment for Breast pain

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Sometimes breast pain can resolve over a period of time, and maybe don't need any treatment. But if your pain is uncontrollable, then you must have to consult your Breast specialist in Pune.

After a checkup, your Breast specialist in Pune may suggest you to-

- Adjust birth control pills, if you are taking any type of pills.
- Advice to wear supportive under-clothes.
- Take nonsteroidal anti-inflammatory medication.
- Lower the dose of menopausal hormone therapy.
- Choose only prescription-based medication.

